Self-Efficacy for Tinnitus Management Questionnaire (SETMQ)

These questions ask about your ability to manage your tinnitus in various situations. If you have never been in these situations, then make your best guess about how well you would do. Given what you know <u>right now</u>, indicate how confident you are that you could do the things described on the questionnaire.

1.	If you believe that you cannot do the task described, then circle 0% for "Cannot do this at all" on the rating scale.	How certain are you that you can do this right now? (circle one %) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this I can do this
2.	If you are absolutely certain that you can do the task, then circle 100% for "I am certain I can do this" on the rating scale.	How certain are you that you can do this right now? (circle one %) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this
3.	If you are feeling somewhat unsure, then pick a number in between 0% and 100% on the rating scale that indicates how confident you are that you can do the described activity. Higher numbers indicate greater certainty.	How certain are you that you can do this right now? (circle one %) O% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this I can do this

Practice

The following two items have nothing to do with your tinnitus and are intended only to give you practice using the response scale. Please circle the percentage that best describes your confidence, <u>right now</u>, regarding each practice statement.

P-1: I can lift a 10-pound object with ease.	How certain are you that you can do this right now? (circle one %) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this
P-2: I easily can tell the weight difference between a 19-pound object and a 20-pound object.	How certain are you that you can do this right now? (circle one %) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this I can do this

Name: Date:	
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		How certain are you that you can do this right now? (circle or	no 9/)
		How certain are you that you can do this <u>right now</u> ? (circle of	116 /0)
1.	I can think of my tinnitus as a sound I do not mind hearing.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 1	00%
	oodina i do not illina nodi liigi	Cannot do Moderately certain I am	n certain
		this at all I can do this I ca	an do this
		How certain are you that you can do this <u>right now</u> ? (circle or	ne %)
2.	I can ignore my tinnitus when reading in a quiet place.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 1	00%
	reading in a quiet place.	Cannot do Moderately certain I am	n certain
		this at all I can do this I ca	an do this
3. I can ignore my tinnitus when performing quiet chores such		How certain are you that you can do this <u>right now?</u> (circle or	ne %)
	as straightening up a room in	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 1	00%
	my home.	Cannot do Moderately certain I am	n certain
		this at all I can do this I ca	an do this
4.	I can ignore my tinnitus when I	How certain are you that you can do this <u>right now</u> ? (circle or	ne %)
	work on a puzzle for fun, such as a crossword puzzle.		00%
	ш ш столоти р ш———	· · · · · · · · · · · · · · · · · · ·	certain
		this at all I can do this I can	n do this
		How certain are you that you can do this <u>right now?</u> (circle or	ne %)
5.	I can ignore my tinnitus when	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 1	00%
	listening to music.		certain
			n do this
How certain are you that you can do this <u>right</u>		How certain are you that you can do this <u>right now</u> ? (circle or	11 e %)
6.	I can ignore my tinnitus when	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 1	00%
	watching TV.		certain
		,	n do this
		tino at an ioun do tino	40 1113

	How certain are you that you can do this <u>right now</u> ? (circle one %)	
7. I can ignore my tinnitus when shopping.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this I am certain I can do this I can do the	
	How certain are you that you can do this right now? (circle one %)	
8. I can ignore my tinnitus when working on my favorite hobby.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this I am certain I can do this I can do the	
	How certain are you that you can do this <u>right now</u> ? (circle one %)	
9. I can ignore my tinnitus when driving in light traffic.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this I am certain I can do this I can do this	
	How certain are you that you can do this right now? (circle one %)	
10. I can ignore my tinnitus when driving in heavy traffic.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this	
	How certain are you that you can do this <u>right now</u> ? (circle one %)	
11. I can ignore my tinnitus when I am working.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this I am certain I can do this I can do the	
	How certain are you that you can do this <u>right now?</u> (circle one %)	
12. I can ignore my tinnitus when I try to go to sleep at night.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain I can do this I can do the	

	How certain are you that you can do this <u>right now</u> ? (circle one %)	
13. I can ignore my tinnitus when I try to go take a nap during the day.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this	
	How certain are you that you can do this <u>right now?</u> (circle one %)	
14. I can ignore my tinnitus if I wake up in the middle of the night.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this I am certain I can do this	
	How certain are you that you can do this <u>right now</u> ? (circle one %)	
15. I can perform relaxation exercise to help me sleep when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this I am certain I can do this	
	How certain are you that you can do this <u>right now?</u> (circle one %)	
16. I can manage my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this I can do this	
	How certain are you that you can do this <u>right now</u> ? (circle one %)	
17. I can manage my anger when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this I can do this	
	How certain are you that you can do this right now? (circle one %)	
18. I can manage my frustration when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this I can do this	

19. I can manage becoming	How certain are you that you can do this right now?	(circle one %)
irritated when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80%	90% 100%
timitus.	Cannot do Moderately certain	I am certain
	this at all I can do this	I can do this
	How certain are you that you can do this right now?	(circle one %)
20. I can manage my stress level	0% 10% 20% 30% 40% 50% 60% 70% 80%	90% 100%
when I hear my tinnitus.	Cannot do Moderately certain	I am certain
	this at all I can do this	I can do this
	How certain are you that you can do this <u>right now?</u>	(Circle one 76)
21. I can manage feelings of fear	0% 10% 20% 30% 40% 50% 60% 70% 80%	90% 100%
when I hear my tinnitus.	Cannot do Moderately certain	I am certain
	this at all I can do this	I can do this
	How certain are you that you can do this right now?	(circle one %)
22. I can manage feelings of	, , ,	,
anxiety when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80%	90% 100%
diffictly when theat my difficults.	Cannot do Moderately certain	I am certain
	this at all I can do this	I can do this
23. I can manage feelings of	How certain are you that you can do this <u>right now?</u>	(circle one %)
nervousness when I hear my	0% 10% 20% 30% 40% 50% 60% 70% 80%	90% 100%
tinnitus.	Cannot do Moderately certain	I am certain
	this at all I can do this	I can do this
	How certain are you that you can do this right now?	(circle one %)
24. I can manage negative thoughts	0% 10% 20% 30% 40% 50% 60% 70% 80%	90% 100%
when I hear my tinnitus.	Cannot do Moderately certain	I am certain
	this at all I can do this	I can do this

25. I can think of my tinnitus as a neutral sound that is not worth	How certain are you that you can do this <u>right now</u> ? (circle one %)			
listening to.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this I can do this			
26. I can help people in my	How certain are you that you can do this <u>right now</u> ? (circle one %)			
workplace despite hearing my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this			
27. I can manage to have a positive	How certain are you that you can do this <u>right now</u> ? (circle one %)			
self-image even when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this			
28. I can feel that my senses are	How certain are you that you can do this <u>right now</u> ? (circle one %)			
reliable even when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this			
29. I can be a contributing member	How certain are you that you can do this <u>right now</u> ? (circle one %)			
of society despite having to manage my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this			
	How certain are you that you can do this <u>right now</u> ? (circle one %)			
30. I can carry out conversations with one other person even when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this			

31. I can carry out conversations	How certain are you that you can do this <u>right now</u> ? (circle one %)
with a small group of people even when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this
32. I can have a conversation on	How certain are you that you can do this <u>right now</u> ? (circle one %)
the telephone even when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all Moderately certain I can do this I can do this
33. I can communicate in order to	How certain are you that you can do this <u>right now</u> ? (circle one %)
complete my typical work responsibilities even when I hear my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this
34. I can understand the difference	How certain are you that you can do this <u>right now?</u> (circle one %)
between my hearing loss and my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this
	How certain are you that you can do this <u>right now</u> ? (circle one %)
35. I can understand the results of my hearing test.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this I can do this I am certain I can do this
	How certain are you that you can do this <u>right now?</u> (circle one %)
36. I can understand the changes to my hearing system that caused my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this

37. I can understand that my	How certain are you that you can do this <u>right now</u> ? (circle one %)
hearing loss is not caused by my tinnitus.	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do this at all I can do this I can do this I can do this
38. I can use hearing aids or other assistive devices to help reduce communication problems caused by my tinnitus.	How certain are you that you can do this right now? (circle one %) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this
39. I can use a masking device to help reduce my tinnitus without reducing my ability to understand speech.	How certain are you that you can do this right now? (circle one %) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this
40. I can use a sound generating device such as a fan or noise machine to help me sleep when I hear my tinnitus.	How certain are you that you can do this right now? (circle one %) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% Cannot do Moderately certain I am certain this at all I can do this I can do this